

BOUNCE Resilience Training, Network and Evaluation – STRESAVIORA II

Pilot cities: Introduction to the project



Co-funded by the Internal Security Fund of the European Union

The BOUNCE project

For some years there has been rising concern in Belgium, the European Union and worldwide about **violent radicalisation**, and an increasing interest in **early preventive tools** for addressing this issue. Both young people and adults can become involved in a process of violent radicalisation. In this project, holistic tools that **empower young people** and their **social environment** at an early stage have been developed. This focus on young people and their environment and on **strengthening resilience** is a positive process.

The BOUNCE project focusses on the prevention side of radicalism. By early prevention and by changing the perspective from risk to opportunity, from fear to openness and from control to empowerment, this sensitive topic becomes more practicable. It is also important to note that BOUNCE project does not only focus on Islamic radicalisation but on **all kinds of radicalisation** from left or right-wing to religious radicalisation.

During the Train the trainer sessions (BOUNCE Up), first line workers will be familiarized with the BOUNCE Young and BOUNCE Along tools. The sessions are (inter)active and based on psycho-physical exercises. Through a **combination of action and reflection**, trainers manage to strengthen youngsters' resilience. By working with youngsters on a variety of skills and abilities and by putting them in line with their personal experiences, trainers will be able to teach them how to react and **bounce back** when they face challenges such as radical influences. During the trainings, youngsters but also trainers work on the link between the activities and their personal experiences.

The tools have already been developed and validated in Belgium and the Netherlands.

Within this project, cities across Europe will receive at **no cost** a 3-days BOUNCE Up training followed by a 3-days implementation session. Both sessions are organized on the basis of a tailor-made program designed in collaboration with the BOUNCE Team.

History of the project

Funded by the European Commission ISEC programme, the project '*Strengthening Resilience Against Violent Radicalisation (STRESAVIORA)*' was conducted by the Federal Public Service Home Affairs of Belgium between January 2013 and January 2015 with the aim to develop an early-prevention psycho-physical training for (vulnerable) youngsters in order to strengthen their resilience against radical influences and to raise the awareness of the youngster's social environment.

The project outcome was the 'BOUNCE Resilience Tools', a package of three interconnected and complementary training and awareness-raising tools for youngsters and their social environment (frontline workers and parents) faced with radical ideologies and messages: 'BOUNCE young' (resilience training program for youngsters), 'BOUNCE along' (awareness-raising tool for parents and frontline workers), and 'BOUNCE up' (train-the-trainer tool for frontline workers). The tools, based on research and interviews with youngsters, are a complementary positive answer to the challenge of preventing violent radicalisation, and are designed as preventive measures at an early stage of the development of young people before serious concerns about violent radicalisation arise. They provide youngsters and their environment with instruments to manage the challenges they come across in their development and search for meaning and identity. By consulting promising practices on

resilience trainings and testing the tools in Belgium and the Netherlands, the tools could take shape and the methods developed were validated.

The final results of the research and the training tools were presented on the EU dissemination conference on 4 December 2014 in Brussels. The topic of strengthening resilience against violent radicalisation was also discussed on the Policy Planners Network (PPN) meeting on 5 December 2014. Furthermore, on 8 January 2015, a Train-the-Trainer session for trainers from all 28 EU Member States was organized to disseminate the training tools among European trainers.

After the success of STRESAVIORA (2013-2015), local, regional, national and European experts expressed the need for a broader implementation of the resilience tools and to provide broader knowledge to frontline workers and practitioners working with young people and their parents. With BOUNCE – STRESAVIORA II, running from November 2015 until the end of 2017, the Belgian FPS Home Affairs further coordinates the EU-funded follow-up project and successor of STRESAVIORA I that focuses on a threefold objective :

- 💡 The broad scale implementation of the developed BOUNCE Resilience Tools on a local level across the EU with a trainer implementation and support system for tailor-made support through Train the Trainer education for trainers working with young people ;
- 💡 The development of a resilience trainer network among EU Member States to facilitate the exchange of experiences and (promising) practices ;
- 💡 The study of the evaluation of short-, medium- and long-term effects of the use of the BOUNCE resilience training to prevent radicalisation, through the set-up of a model for an evaluation system.

At least 10 cities from 5 EU Member States will be selected to serve as pilot cities to implement the BOUNCE Resilience Tools and to evaluate their impact. The project will be concluded with an EU best practice conference on resilience trainings.

The tools can be freely downloaded on the [BOUNCE Website](#).

The Tools



BOUNCE ^{young} is a resilience training program for youngsters. A healthy and strong resilience is a proven protective factor in the prevention of violent radicalisation. In ten (inter)active group trainings, youngsters train and strengthen different aspects of their resilience. Through a mix of action and reflection, a wide range of skills and competences are strengthened, practiced and linked to their personal experiences. Youngsters learn to bounce back and bounce up when dealing with challenges. In the trainings, youngsters make the link between the work forms and their personal experiences. A BOUNCE ^{young} training is always used in combination with BOUNCE ^{along} awareness-raising actions for parents and frontline workers. This tool can be freely downloaded on the BOUNCE website : http://www.bounce-resilience-tools.eu/sites/5092/files/content/download/files/bounce_young_-_resilience_tool_youth.pdf



BOUNCE ^{along} is an awareness-raising tool for parents and frontline workers. The tool provides tips, insights and practical exercises for adults in the social environment of youngsters. It assists them and strengthens their role in the early prevention of violent radicalization. BOUNCE ^{along} treats five topics: 'a positive point of view', 'strengthening resilience', 'resilient relations and communication', 'concerns and challenging situations', and 'information and influence'. BOUNCE ^{along} focuses on all parents and frontline workers, and can be used in combination with the BOUNCE ^{young} resilience training for youngsters. This tool can be freely downloaded on the BOUNCE website : http://www.bounce-resilience-tools.eu/sites/5092/files/content/download/files/bounce_along_-_resilience_tool_adults.pdf



BOUNCE ^{up} is a train-the-trainer tool for frontline workers. This tool instructs them in working with the BOUNCE ^{young} resilience training program and the BOUNCE ^{along} awareness-raising tool. By combining both tools, trainers can become an important supporting figure in the early and positive prevention of violent radicalisation. Trainers assist youngsters as well as their social environment and set up an integrated and integral approach, tailored to the needs of the target groups. This tool can be freely downloaded on the BOUNCE website : http://www.bounce-resilience-tools.eu/sites/5092/files/content/download/files/bounce_up_-_tool_train_the_trainer.pdf

The partners

-  **FPS Home Affairs**, the project coordinator will coordinate the project and will deal with the overall management of the project. A BOUNCE Support Office Team has been set up especially for the project. This team is the contact point for all questions related to the project. Website : <https://www.besafe.be/> - <http://www.bounce-resilience-tools.eu/en> - bounce-support@ibz.fgov.be

-  **RadarEurope** will mainly provide expertise in setting up Train the Trainer sessions and implementation support methodologies. Together with the subcontracted trainers, RadarEurope will provide the trainings and mobile implementation support. RadarEurope will collaborate in the broad-scale implementation of the developed BOUNCE resilience tools on the local level by providing expertise and a tailor-made support to the pilot cities. Website: <http://www.radareurope.nl/>

-  **The European Forum for Urban Security (Efus)** will contribute throughout the project to the facilitation of the outreach of the trainings and evaluation research. Efus will be the contact point for the 10 pilot cities and will also support the resilience trainer's network by outreaching. Together with the training team, Efus will coordinate the mobile implementation support. Efus will collaborate in the broad-scale implementation of the developed BOUNCE resilience tools on the local level by providing expertise and a tailor-made support to the pilot cities. Efus will participate in the development of a resilience trainer network among the EU Member States to exchange experiences and practices. Efus will facilitate the evaluation of short, medium and long term effects of the use of resilience training. Website: www.efus.eu/en/

Implementation and support to the cities

Within the project, a tailor-made program will be drawn by the project's partners according to the city's needs and desires. Train-the-trainer sessions will be provided by the training team to the selected pilot cities. As a result, trainers from different local settings among the European Union will be trained following the BOUNCE tools and will increase their capacity to work efficiently with young people, parents and frontline workers facing radical influences.

More specifically, a 3-days train-the-trainer session will be organized per pilot city and will be followed later by a 3-days implementation support aiming at the facilitation of the implementation of the BOUNCE Resilience tools in a specific local setting. Both sessions are funded by the European Commission ISF programme.

All financial and administrative matters are dealt with by the FPS Home Affairs' BOUNCE Support Office Team.

Selected cities will be directly involved in the implementation and support process of the project.

What : Train-the-trainer session.

When : 3 days (in 2016 or 2017)

For who : a selection of trainers from local settings. This selection will be made following the needs of local settings and in coordination between the partners and the city.

How : European trainers from local settings will be trained by the project's training team and using the developed BOUNCE Resilience tools.

Cost : Entirely financed by European funds (including location and catering).



What: Implementation support session.

When : 3 days (in 2016 or 2017)

For who : a selection of trainers from local settings. This selection will be made following the needs of local settings and in coordination between the partners and the city.

How : A tailor-made support will be offered to the pilot cities by the training team and the BOUNCE Support Office Team to facilitate the implementation of the trainings in their local settings.

Cost : Entirely financed by European funds (including location and catering).

What is expected from the cities ?

Although the BOUNCE project is cost free for the cities involved (accommodation for the BOUNCE team and the trainers as well as catering for all participants are financed by European funds), we expect active collaboration and communication throughout the project especially with regard to **the selection of participants**. These participants shall be selected by the cities among first line workers working with youngsters and/or their families. They shall be representative of the local setting. The cities are also expected to find **a suitable location for the organization of (inter)active sessions**. A budget is foreseen for training rooms.

The cities are asked to participate in the evaluation of the training and implementation sessions. This 3-days implementation session (2nd session) is also mandatory for the cities involved in the project and will be organized according to the tailor-made program designed by the project's partners.

Contact

Interested cities can contact the European Forum for Urban Security (Efus) and/or the BOUNCE Support Office Team by email or by phone (see below) in order to initiate a first contact and analyze the specific needs of the local setting.

- 👤 We kindly ask you to contact the European Forum for Urban Security (petit@urbansecurity.org).
- 👤 BOUNCE Website : <http://www.bounce-resilience-tools.eu/en>
- 👤 You can find and download the BOUNCE Resilience tools by following this [link](#).
- 👤 You can address all your questions to the BOUNCE Support Office Team (by email : bounce-support@ibz.fgov.be or by phone : 0032 (0)2 557 33 88)

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